

## Cadets and Parents –

In years past, the medical staff at Virginia Wing's Cadet Encampment (ENC) has received a number of questions about how cadets will receive their scheduled meds, what sort of facilities and care is available to their cadet during the ENC, and how emergencies are handled. In light of these concerns about your cadet's safety, I wanted to introduce myself and address those questions, and any others you may have.

I am a Registered Nurse in the state of Virginia. My specialty is Critical and Intensive Care – I hold certifications in both basic and advanced cardiac life support, and trauma nursing. I have been a member of the Civil Air Patrol since 2001, when I joined as a cadet. I attended Virginia Wing's Encampment as a cadet in 2004, and this will be my 3<sup>rd</sup> year attending as Senior Medical staff.

Along with myself, 1Lt Nick Chandler is also serving as Senior Medical staff. He currently works as a hyperbaric oxygen therapy technician, holds an EMT-B certification, and is working on his EMT-Paramedic certification. This will be his second year on staff at Virginia Wing's Encampment.

Also, we have selected 4 cadet medics to serve on staff. All of these medics have, at minimum, current first aid and CPR certifications, and have been selected for their maturity, discretion, and their sensitivity towards the needs of the people around them.

Our goal, as a medical staff, is to ensure that your cadet has the safest Encampment experience possible. We are able to treat first-aid injuries – blisters, sprains, tick bites, scrapes, etc. We have a long, close working relationship with Fort Pickett, and their medical staff – emergency care is available 24/7 from their career medic units for any medical emergencies that may arise and that we are unable to handle on site. We attempt to work with every cadet individually to ensure that everyone can participate in as many of the exciting activities as possible.

There have been a number of questions about cadet medications – at the Virginia Wing Encampment, the Senior medical staff (Lt Chandler and myself) will collect and dispense your cadet's prescription medications as prescribed for the duration of the Encampment, and then will return the medications to you/your cadets at the end of the activity.

During check-in, your cadet will be required to supply us with all of his or her prescription medications. No basic cadet will be permitted to retain any medications (prescription or over-the-counter) during the duration of the activity. This is for their safety, and the safety of the other cadet basics.

All medications must be brought to Encampment in their original containers, with enough medication to last the entire Encampment. If there is a change in dosage from what is written on the medication label, please provide written dosage instructions for our medical staff. Your cadet's medications will be available to them at the same times they take it at home – we provide med-call at breakfast, lunch, dinner, bedtime, and as needed based on your cadet's needs. The med-bay has refrigeration capabilities – please advise if your cadet's medications need to be refrigerated. Additionally, if your cadet uses a rescue inhaler or an Epi-pen, please ensure that your cadet knows how to use the device, and rest assured that your cadet will have access to their medication at all times (we do NOT collect rescue medication – your cadet will be **REQUIRED** to carry it on their person in their left cargo pocket).

To ensure your cadet's safety, we ask that you include every medication that your cadet is currently taking and any allergies on their application form, along with their health history. All of this information is forwarded to me prior to the Encampment so I am able to review it and contact you, if needed, to further discuss how we can meet your cadet's needs.

Additionally, you will note that we are requiring your permission this year to give your cadet over-the-counter (OTC) meds while at Encampment. While we treat with medications very conservatively, there are times when the use of medications like Tylenol, ibuprofen, antibiotic ointment, hydrocortisone cream, cough drops, and Tums (among others), is indicated based on your cadet's symptoms. Please indicate any allergies to any OTC medications on your cadet's application – if you wish to indicate what type of OTC meds they typically use at home (Tylenol vs. ibuprofen, etc), please feel free. The more information we have, the better we are able to treat your cadet.

We keep very thorough records of the medications that your cadet receives while at our Encampment – a list of the type of medications, dosages, times, and reasons for administering will be available to you at the end of the activity, if your cadet receives any medication from the Senior Medical staff. Also, please note that the only personnel permitted to administer OTC medications to your cadet while at the Virginia Wing Cadet Encampment will be Lt Chandler or myself.

If you have any questions regarding medication administration at Encampment, please feel free to contact me.

If your cadet has any food allergies or follows a specific diet, please indicate it on your cadet's application so we can coordinate with our catering staff. They work hard to ensure that your cadet receives three fantastic meals a day – ask anybody who has been to a Virginia Wing Encampment before; the food is absolutely amazing.

Please note that the Encampment environment is not appropriate for cadets that are not in their best state of health – if your cadet develops any cold, flu, or infectious symptoms (infected scrapes, burns, wounds, etc) prior to Encampment, it is necessary that you inform us prior to your cadet's arrival. Also, if your cadet has any sort of musculoskeletal injuries (requiring the use of crutches, wheelchair, etc), we will need to discuss your cadet's ability to participate at this Encampment as it may be necessary to obtain a doctor's permission for your cadet to attend. Please note – your cadet will be spending 9 days in close quarters with other cadets; we cannot allow cadets to attend Encampment who may pose a health risk to the other cadets attending. If you have any questions or concerns about what constitutes a health risk, please feel free to contact me at your convenience.

To help your cadet have the safest experience possible, the medical staff suggests the following:

- Pack a whole box of Emergen-C, or a similar product, in a flavor that your cadet likes. We highly encourage the use of electrolyte replacement at Encampment – your cadet will be hot, will sweat, will drink a lot, and will need the electrolytes. Packing bottles of Gatorade, or other beverages, is not an option – electrolyte replacement packets that are easy to store in cargo pockets are best. Please ensure that your cadet has enough to take several times each day of the Encampment. Cadets – electrolyte replacement is not an option. It helps stop cramps, headaches, and nausea related to heat exposure and keeps you with your flight (having fun) vs. sitting in the med-bay with the med-staff (boring).

- Begin hydrating prior to the start of Encampment – get used to drinking a lot of water; aside from at meals, it is the only beverage that will be available to you throughout the Encampment. Cadets are not allowed to drink coffee, tea, sodas, or large amounts of milk products while at Encampment – prepare for this.
- Get plenty of sleep before arriving at Encampment – arriving sleep deprived only sets you up to feel miserable while you are here. Again, you will want to be spending your time participating in all the activities with your flight, not hanging out with the med-staff.

If you have any other questions, again – please feel free to contact me. I do not take the responsibility of taking care of your cadet lightly and would love to discuss your concerns.

Looking forward to meeting each of your cadets,

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